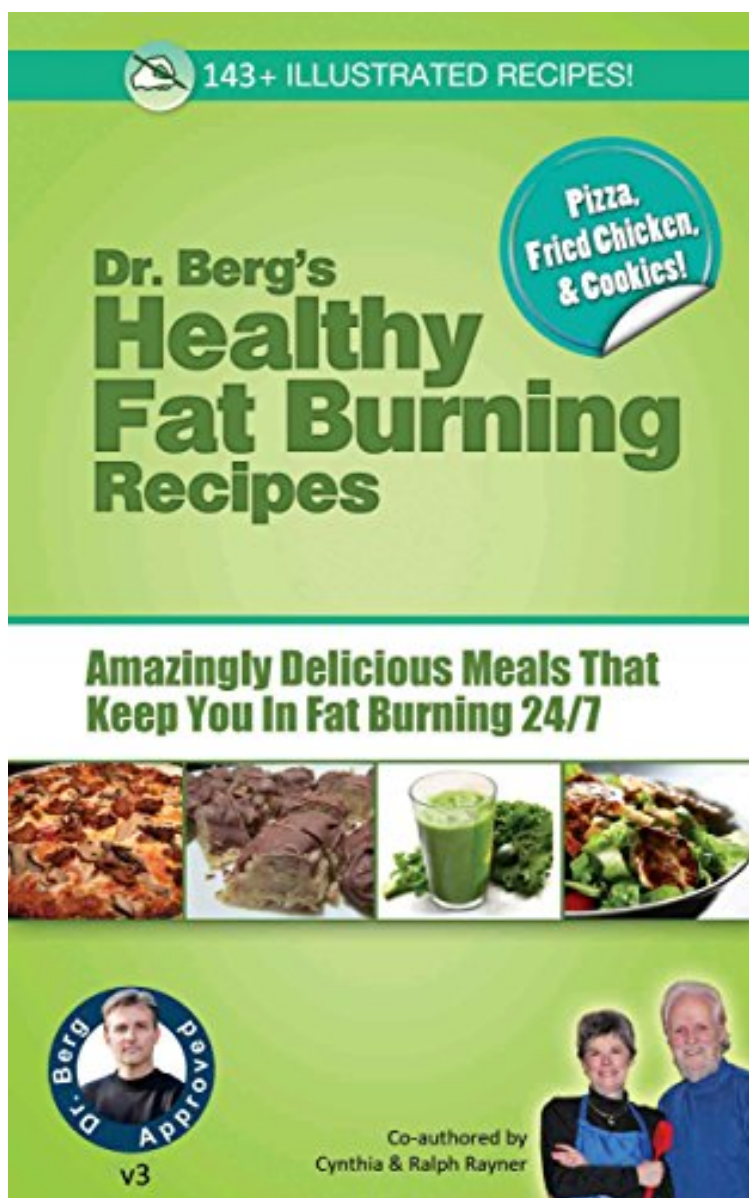


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Dr. Berg's Healthy Fat Burning Recipes (English Edition)



Par Dr. Eric Berg, Cynthia L. Rayner
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Description :

Prsentation de l'diteurNew -- Version 3 -- includes 14 Delicious New Diet Recipes and 1 new Tasty Treat!Are you tired of diets that don't work? In recent years there has been a plethora of revolutionary diet plans. Most of these fad diets disappeared as fast as they came and leaving in their wake a trail of frustrated and disappointed dieters still struggling with their weight. Which begs the question What is the best diet plan to lose weight?Well you have come to the right place. Dr. Berg has spent innumerable hours finding new

ways of making diets a bit more effective. Dr. Berg's groundbreaking nutritional advice has been working for quite some time too, but he has now discovered a way to help you shed pounds even more effectively and with a considerable amount of ease too. This involves finding innovative ways to add fat burning foods to your diet and you will see the pounds shedding in no time! In fact, you can lose up to 10 pounds in just two weeks by sticking to this diet. Best of all, you will feel far more energized throughout the day and thus ready to jump right into your regular exercise routine. There is really no need to lament that losing weight is hard if you have taken the time to learn from Dr. Berg. So for the next few minutes, do not hesitate to help yourself to his recipes. Dr. Berg is so meticulous about helping you lose weight that he has partnered with culinary experts, in order to create a whole book full of recipes that will make it even simpler for you to stick to your diet and eat as many fat burning foods as possible. Feel free to mix and match and try any combination of recipes. Being healthy never has to be boring and this book will help you see that losing weight can also be delicious.

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